



MARCH 2008

THE LOUDOUN COUNTY SENIOR CENTER AT CASCADES

SENIOR CENTER REVIEW

Phone: 703-430-2397

Part of Area Agency on Aging

A Division of Parks, Recreation and Community Services

SENIOR CENTER AT CASCADES

21060 Whitfield Place

Sterling, VA 20165

CENTER HOURS

Mon./Wed./Thurs./Fridays 9 a.m. - 5 p.m.

Tuesdays 9 a.m. - 8 p.m.

Saturdays and Sundays Closed (rentals avail.)

POTLUCK SOCIAL

Share your favorite home-cooked meals, side dishes, and deserts on the 2nd Tues. of each month, (Tues, March 11, 5:30 p.m.). All Seniors are invited. Participants should bring a dish to share and a small gift bag to give away as a bingo prize.

"AROUND THE WORLD" LUNCHEON

Members are encouraged to dress in traditional clothing from your native country and bring flags, pictures, artifacts, or items that tell a story about the customs and culture of the land of your heritage. "Around The World" is scheduled for Fri., March 7, 11:30 a.m.-1:30 p.m. in the Friendship Café. Sign up with the regular Lunch Sign-Up Sheet, or contact Janet, at ext. 103, no later than Noon on Thurs., March 6. A lunch donation is requested.

ST. PATRICK'S DAY PARTY

Mon., March 17, 11 a.m.-2 p.m. Come hungry for traditional corned beef and cabbage, lively music, singing, and an Irish jig! (Remember to wear green!) A regular lunch sign-up and donation is requested. *Erin Go Braugh!*



LUNCH BUNCH

On Fri., March 14, 11:15 a.m., the "Lunch Bunch" will travel to "Ruby Tuesdays." Menu and sign-up will be posted on Fri., Feb. 29. The bus returns to the Center at 1:30 p.m.



BIRTHDAY LUNCH

The Senior Center's birthday celebration is scheduled for Fri., March 28, at noon. If your birthday is in March, please sign up for lunch on that day to receive your cake and well wishes! Sing-Along to follow!

TAX ASSISTANCE PROGRAM

The Loudoun County Area Agency on Aging VITA Tax Assistance Program will offer tax preparation assistance until mid-April. If your income is \$39,000 or less and you file standard tax forms, you may call 703-737-8037, to make an appointment.

AARP is offering free Tax-Aide assistance until April 15th. To schedule your appointment at the Falcon's Landing site in Sterling, call 703-404-5216.

PUBLIC MEETING

Board of Supervisors Vice Chairman Susan Buckley invites Seniors to meet with her and *Supervisors Eugene Delgaudio, Sally Kurtz, and Andrea McGimsey* to discuss issues of concern, including Budget matters. The meeting will be held on **Wednesday, March 12, at 11 a.m.**, at the Senior Center at Cascades.

SENIOR CENTER ADVISORY BOARD:

Thurs., March 27, 10:00 a.m.

STERLING SILVERS: Tuesdays, 11:30 a.m.

FRIENDS OF THE SENIOR CENTER AT CASCADES: Wed., March 26, 1:30 p.m.

"FALLING FORWARD"

By: Donna Reid Renner MSW
Manager, The Loudoun County Senior Center @
Cascades

Often I hear a senior citizen remark, "If I could only have the chance to relive my last 30 or 40 years.... I would do things differently. I have *failed* in so many ways. I never thought my life would be like this."

When I witness such negative remarks, it deeply saddens me. I find myself wanting to encourage the senior to reflect on his/her life's accomplishments, not his/her life's disappointments. We all have an impact on each other simply because we exist. Therefore, we all have the ability to make a positive impact.

People who make a positive impact have one thing in common: They don't believe in *failure*. The word "*failure*" is not in their vocabulary. Instead, they use words like *slip-up*, *set-back*, *glitch* or *mistake*. When they do mention *failure*, it's nearly always in a positive light.

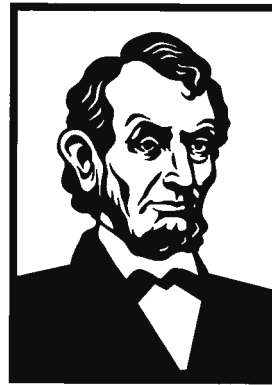
Thomas Watson, founder of IBM, was legendary for his ability to turn a mistake into a learning opportunity. When a young executive lost \$10 million in a risky venture, Watson called him in. The executive, expecting the worst, blurted out, "I guess you want my resignation." Watson replied, "You can't be serious. We just spent \$10 million educating you."

Still, *failure* is not something we strive for; and, when it comes, it's never easy. It's taken me over a half of a decade to realize if I have a pulse, I have a purpose. And, it's always too soon to give up.

Consider this man's life"

- * **Age 22:** He failed in business.
- * **Age 23:** He was defeated for state legislature.
- * **Age 24:** He failed in business again.
- * **Age 26:** His fiancée died.
- * **Age 29:** Though he finally had been elected to the legislature, he was defeated for speaker of the House.

- * **Age 31:** He was defeated again for election.



- * **Age 41:** His young son died.
- * **Age 46:** He was defeated for the U.S. Senate.
- * **Age 47:** He was defeated for Vice President.
- * **Age 49:** He was defeated again for the U.S. Senate.

By any definition, wasn't this man a *failure*? If you were him, wouldn't you have quit by now? If he had quit, the consequences would likely have been tragic for an entire country - because at age 51, Abraham Lincoln was elected President of the United States.

Most of us will not endure the disappointment Lincoln did, but we will all have a taste if not a full course. When *failure* strikes, the key is to see it from a positive perspective -- as a stepping stone.

When my life becomes overwhelming and when simple day-to-day living is a struggle, I find myself reminding myself of ten simple words of wisdom, a quote which my MaMa Kiger shared with me so long ago.

***Ten Two Letter Words.....
'IF IT IS TO BE, IT IS UP TO ME!'***



SeniorNavigator Virginia's Resource for Health and Aging



Check out www.seniornavigator.com for health and aging resources to seniors, caregivers, adults with disabilities and their families.

Coming soon! A Volunteer Hotline to help you access the information, if needed!

***** PROGRAMS *****

****The following are provided at NO COST****

Wed., March 5, 10:45 a.m. – Motivational Speaker, Kevin Soltani, will present *"Free Yourself From Painful Memories."*

Thurs., March 6, 10:30 a.m. – Audiologist, Kelly Pilsen, continues her series on *"Hearing Loss: Treatment & Options."*

Thurs., March 13, 10:45 a.m. – Cathy Lambert from Medi Home Health will join us at the Center for a Products Update.

Wed., March 26, 11:00 a.m. – *Jeopardy!* (with Vanna White)!!

***** UPCOMING CLASSES *****

Ceramics – **Thurs., March 13, 10:30 a.m.-noon.** \$21/member, \$22/non-member, session. Instructors: Bob Mayer, Pat Miller, and Frank Smith. Class is required prior to using the ceramics room. Advance registration is required. If interested or have any questions, please see a Senior Center staff member.

Spanish Class – Want to learn to speak Spanish? Classes begin **Fri., March 14, 10:30 a.m.** \$90/member, \$100 non-member for 10 classes. A fellow senior member, Lourdes Cabrisses, will serve as the Instructor.

AARP Driving Safety Class – **Wed. and Fri., May 28 and 30.** Scheduled from 10 a.m.-3 p.m.



each day, both class days are required to obtain your certificate. Cost is \$10/members, \$12/non-members. All registrations must be paid in cash. Refunds only if your seat is resold.

BOOK DISCUSSION

The book discussion group will meet Tuesday, March 18, 12-1:30 p.m. The selection for March is *'Love in the Time of Cholera,'* written by Gabriel Márquez. Interested members are encouraged to join.

***** NEW ACTIVITIES *****

DINNER AND A MOVIE

The last Tuesday evening of each month, (**Tues., March 25, 5 p.m.**) join us for a Pot Luck Dinner followed by a movie at 5:30 p.m. Only \$2 for popcorn and soda, to be served during the Movie. For March, the "Dinner & A Movie" selection will be *"The Quiet Man", starring John Wayne.*



The Cascades Senior Center Camera Club (CSCCC) will meet on Thurs., March 6, 1 p.m. to discuss "Landscape Photography." Our Exhibition theme will be "Snow/Winter Scenes." For more info, email Joe Ellis, Moderator, at

MOVIE, POPCORN & SODA

Admission of only \$2 includes popcorn and soda! All movies shown are closed-captioned when available. As a result, the front row is reserved for individuals with hearing loss. **On Wed., March 19, 1:30 p.m.,** enjoy *"Michael Clayton,"* starring George Clooney. Clayton, a former criminal prosecutor, takes care of Kenner, Bach & Ledeen's, one of the largest corporate law firms in New York, dirtiest work at the request of Marty Bach, the firm's co-founder. Though burned out and unhappy with his job, a failed business venture, escalating debt, and his divorce have left Clayton tied to the firm. Meanwhile, the career of litigator Karen Crowder rests on the multi-million dollar settlement of a class action suit that Clayton's firm is leading to a successful conclusion. But when Arthur Edens, the firm's brilliant and guilt-ridden attorney sabotages the case, Clayton faces the biggest challenge of his career and his life. **Rated R, 120 minutes, 2007.**



As of 02/20/08, the Senior Center at Cascades is continuing to grow with 1,505 members.

***** MONTHLY RESOURCES *****

Help for Hearing Loss – Meet with Joan Cassidy on the 3rd Thurs., March 20, 10 a.m.-1 p.m., for assistance and to ask questions about hearing loss.

Hearing Aid Care/Hearing Screenings – Blue Ridge Speech and Hearing Center, 3rd Tues., (March 18), 10:30-11:30 a.m., FREE HEARING SCREENINGS, hearing-aid cleaning, minor repairs and adjustments.

Support Group for Tinnitus and Hearing Problems – 1st Friday (March 7), 2 p.m.

Eyeglasses Care – By Lenscrafters, 2nd Wed. (March 12), 12:30-1:30 p.m., free cleaning / minor repairs.

INOVA Health Van – 2nd and 4th Tues. (March 11 & 25), 9:30 a.m.-11:30 a.m. Blood Pressure Screenings.

Man-to-Man Prostate Cancer Support Group – 2nd Tues. (March 11), 6:30-8:00 p.m.

RED HAT MAMA'S CLUB

The Red Hat Mamas' will meet on Tuesday, March 1, at 1 p.m., at Mimi's Café. Please RSVP to Mary Ann Smith or Norma Bowers no later than March 9. Additional information will be posted on the Center's bulletin board.

**LOUDOUN COUNTY DEPARTMENT OF
FAMILY SERVICES HOMEBUYERS
OPPORTUNITY PROGRAM**



Are you in a household aged 55 or over with no children? Are you interested in living in an Active Adult Age 55 or over community?

You may qualify for an affordable home now being offered at Potomac Green, an Active Adult Aged 55 or over Community, located in Ashburn.

PROGRAM ELIGIBILITY REQUIREMENTS

All households must earn between 30% (\$28,350 for 2007) to 70% (\$66,150 for 2007) of the area median income to purchase an Affordable Dwelling Unit (maximum income is based on total household size).

The primary and/or secondary applicant must meet credit guidelines

Gross income for all household members will be calculated when determining income eligibility.

Only the primary employment of the primary or secondary applicant will be used when determining preference categories.

In addition to meeting income and credit worthiness criteria, applicant(s) must be:

- Widowed and sold the marital home, **or**,
- First time homeowners, **or**;
- May not presently own property nor have owned property within the last three years, **or**;
- A displaced homemaker (adult, not working or not have worked a full year for a number of years, but during such years worked primarily without remuneration to care for the home and is unemployed/underemployed), owned a home with his/her spouse or resided in a home owned by the spouse.

Contact the HOP Program Screener at 703-737-8043 for complete pre-eligibility screening.



BRYDON BRETT COFFEEHOUSE

Enjoy a special vocal performance by Brydon Brett of the Brett Family Singers of Branson at the Cascades Senior Center on Saturday, April 19. Brydon specializes in love songs from the crooners like Frank Sinatra, Michael Buble, Harry Connick and Bobby Darrin as well as a variety of other musical styles.

Performances will be held from 3:30-5 p.m. (#345650-01) and again from 7-8:30 p.m. (#345650-02) and are limited to 65 persons (ages 18 and up). Tickets are non-refundable \$5 per person (register through RecTrac) plus \$5 cash donation at the door for Brydon. Price includes beverages and snacks. Brydon also has a CD that will be available for purchase at the performance.

*****UPCOMING EVENTS*****

APRIL FOOL'S DAY LUNCHEON



Join us on Tuesday, April 1 at 11:00 a.m. in our friendship Café for our first annual "April Fool's Day Luncheon". All members are encouraged to come for lunch wearing silly hats, fake beards, oversized glasses, unusual apparel, etc. for fun and prizes!! Sign-Up with the regular Lunch Sign-Up sheet. A lunch donation is requested.

SPRING FLING

Join us on Friday, April 18 at noon for a luncheon that will include models from the Senior Center in a Fashion Show. This year's "Spring Fling" has a theme: "Flower Power!" All members are invited to wear either bright floral patterns or wear clothing reminiscent of the '60's "Mod" style of clothing. Dessert to follow. Sign-Up with the regular lunch Sign-Up sheet. A lunch donation is requested.

VOLUNTEERS NEEDED!



Volunteers are needed for the Home-Delivered Meals Program in the Sterling area. If you drive a car and have some free time from 10:30 a.m.-12:30 p.m., please see the sign up sheets on the County Senior Information Bulletin Board in the Café Hall or contact Felix Duran at 703-430-2397 ext. 109 for more information.

The Friendship Café needs two volunteers each morning to set up the coffee bar and get the tables ready for our Member's use. Interested? Please see Janet Brown for details.

HAPPY HOOKERS UPDATE



The fabulously talented ladies of the Knit and Crochet Group made a tremendous number of articles for the homeless, preemie babies, dialysis patients, long-term care patients, newborn babies and the soldiers in local military hospitals. The afghans for the soldiers are a new undertaking this year. We make them in the appropriate size for soldiers in wheelchairs. The soldiers love them!

Our totals for this year are: 491 hats, 318 afghans, plus many sweaters, booties, scarves, and shawls etc. The ladies create an incredible amount of items. Thank you to each of you!

THANK YOU

...to **David** at the Cascades Giant Supermarket for his cupcake donation at our February Birthday Party.

...to **All Members and their Families** who generously donated new and like-new gift items for this year's Secret Auction.

...to **Holly Ardrey, Students of the CAST program, and our one-and-only Frank Smith**, for their assistance with this year's Secret Auction.

...to **Joe Ellis and Don Cole** for going "above and beyond the call" to create the new Camera and Golf Clubs.

...to **Sant Sehgal, Maan, and Rita Daniels** for their assistance with Blood Pressure checks.

...to **Mickie Johnson** for her tireless efforts to "round up" participants for our Wednesday programs.

...to **Barbara Eldridge and Becky Taylor** for their musical talents.

...to **Sugarland Hill Senior Apts.** for helping with Jeopardy!

...to **Georgia Belle and Bill Wetzel** for their assistance with Jeopardy!

...to **Holly Ardrey, Mary Carmouche, and Gert Gilson** for their assistance with the birthday calls.

...to **Clinton Dobbins and Bob Mayer** for waking up at 5:30 a.m., every Monday morning to get fresh pastries for our Café snacks from Costco.

...to all the **volunteers** who contributed a total of 1,253 hrs. during January to the Senior Center.

...to the **FSCC** whose contributions pay for the monthly printing of this newsletter, as well as supports many of the social activities at the center.

Senior Center Staff & Extensions:



Janet Brown-Café Supervisor / Ext. 103

Felix Duran-Passenger Vehicle Operator / Ext. 109

Robin Halvorsen, CHES-Asst. Manager / Ext. 102

Abby Harris-Receptionist / Ext. 107

Mark Humphrey-Sr. Trip Coordinator / Ext. 105

Erik Oñate-Center Assistant / Ext. 123

Donna Renner, MSW- Manager / Ext. 101

Luis Rocha-Passenger Vehicle Operator / Ext. 110

REGULAR ON-GOING ACTIVITIES:

Aerobics – Mon. through Fri., 10-11 a.m.

Bible Study – Tues., 10:30 a.m.-noon.

Bid Whist – Fri., 1-4 p.m.

Bingo – Mon. and Thurs., 10:30 a.m. - noon; Fri., 1:30-3 p.m.
\$1 for two cards and 15 games.

Blood Pressure Screenings – Tues., Thurs., and Fri., 11-11:30 a.m.

Blue Ridge Speech and Hearing Clinics – 3rd Tues. (March 18), 10:30-11:30 a.m.

Book Discussion – 3rd Tues. (March 18), noon-1:30 p.m.

Bridge – Party bridge Mon., Wed., and Fri., 1-4 p.m.
Duplicate bridge Mon., 11 a.m.-3 p.m. Thurs., 1-4 p.m. \$2 fee for duplicate.

Canasta – Tues., 1-4 p.m.

Clothing Alterations – Mon., 9-11:30 a.m.

Computer Lab – Mon., 10 a.m.-noon

Current Events Discussion – Wed., 1:30-3 p.m.

Hand and Foot (Cards) – Fri., 1-4 p.m.

INOVA Health Van – 2nd and 4th Tues. (March 11 and 25), 9:30 a.m.-noon.

Knitting & Crocheting – Fri., 10 a.m.-noon.

Lenscrafters – 2nd Wed. (March 12), 12:30-1:30 p.m.

Line Dancing – Basic: Wed., 10:30 a.m.-11:30 a.m.
Beginners: Wed. and Fri., 1:15-2:15 p.m. Intermediate: Mon. and Fri., 1:15-3 p.m.

Mah-Jongg – Tues., 1-4 p.m.

Movie, Popcorn and Soda – 3rd Wed. (March 19), 1:30 p.m.
\$2 fee.

O'Heck – Wed., 10-11:30 a.m.

Open Painting – Tues., 10 a.m.-noon.

Pickle Ball – Wed., 9:30 a.m.-10:30 a.m.

Pinochle – Mon. and Thurs., 1-4 p.m.

Poker – Tues. and Thurs., 1-4:30 p.m.

Potluck Social – 2nd Tues. (March 11), 5:30-7:30 p.m.
Program will be white elephant bingo.

Sterling Silvers – Tues., 11:30 a.m.-1p.m.

Tai Chi – Fri., 11 a.m.

Tea Time – Thurs., 2-3 p.m.

Yoga – Mon., 11 a.m. – noon.

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